The Teaching of the Book of Luke

The Holy Spirit invited **Regina Dawn Akers** of New London, NC, to read the New Testament, but asked her to see the New Testament as a symbol and to realize that she does not understand the symbol. In this way, understanding would be given to her. So each morning as she reads, she reads until she feels an intuitiveness that tells her to stop reading. Then she says a prayer. She uses the prayer to clear her mind of all she thinks and feels about the scripture. When she has cleared her mind and become completely open, the words begin to come into her mind. She records the words and then repeats the process of reading, praying, listening and writing - a few verses at a time until the chapter is complete.

Introduction

Just as the voice of the Holy Spirit seemed to change from dream interpreter to storyteller when I went from Matthew to Mark, the voice has again changed with Luke. This time it is the voice of a personal teacher who is guiding the reader through the process of forgiveness/awakening.

Chapter 1

This book was written in love and given with the blessings of true discovery. In this way, the book is filled with the opportunity for discovery. [With that purpose,] we may open up to its power and discover our truth together. (verses 1 – 4)

Each one comes to the awareness of truth from where he is, so where he is is where he must begin to learn. There is no shame in his starting point, wherever that starting point seems to be.

This book begins with the story of ordinary people at different points in their lives. They have been judged as good by the writer of the book, but this judgment is irrelevant. For if it was their goodness that made them worthy of the Holy Spirit, others could be judged as unworthy, and this is impossible. Each one is worthy, and each one has received the word of the Holy Spirit. There are no differences among men. All are loved as precious; all are cared for; all receive guidance; and all are called to return to God. The form of their calling and their path may seem different, but its purpose is the same.

You who are reading this are blessed, for you are beloved beyond measure. You are the treasure that is sought. You are everything, complete in God. The Holy Spirit is born in you. His kingdom is within your awareness, for His kingdom is Your kingdom. You, dear one, are the one. Together we will learn this lesson. (verses 5 – 56)

Listening and follow-through is key to discovery of blessings that already are. This is what is symbolized through the story of John's birth. His mother heard the thought of the Holy Spirit, and when the time came to follow-through, she remembered the thought and chose it again.

Within the story, Elizabeth's decision to follow guidance was not understood by others. They urged her to make another choice. This is how it will be with you, but understand where the struggle comes from that you may resist temptation to ignore Guidance.

Within your mind, there is a belief that is in opposition to God. This belief does not seem sinful to you and so you do not recognize it as the basis of [guilt]. The belief that leads to confusion is the belief that you are a separate entity. It is the belief that there is a *you* and a *them*. It is the belief that there is a *you*

and that there is a universe of objects that are separate from you. This belief, you accept as fact and you do not question it, so it does not occur to you that it is a mistaken belief that can be given up [by you].

This belief has a voice within your mind, and its voice you call *your thoughts*. Because you do not question this belief, you also do not question these thoughts that you claim as yours. If you did question them, you would see that they are not loving thoughts. Close examination would reveal that they are based on the belief that there is something inherently wrong with you as a separate entity. These thoughts doubt your worth, and in fact, *they deny your worth entirely*.

Thoughts that deny your worth also deny the Voice of Worth, which is the Holy Spirit. This is why you will find great temptation to choose against your Guidance. Realize the source of this temptation. [This realization] will be helpful to you, for when you do not realize the source of the temptation, you are easily tricked into listening to the thoughts of your unworthiness.

In this story, Zechariah represents the answer of faith. Faith is a peaceful choice that trusts [that] your worth must be true, and therefore, it chooses the Voice of Worth over the voice of worthlessness. This is what Zechariah did in choosing to follow the voice of his wife over the voices of his friends. And this is a choice you can make consistently without fail, because you *are worth*, and so you are worthy to choose the Voice of Worth. (verses 57 – 80).

Chapter 2

The birth of Jesus represents the birth of willingness, humble at first, but promising all of the Glory of Heaven. And, "Mary treasured up all these things and pondered them in her heart." Not with the worrisome thoughts of the ego, but *in her heart* where the Holy Spirit is.

This is what I ask of you:

Willingness has been born in the mind. This willingness promises all of the Glory of Heaven, for this willingness *is the savior*, the Christ, and it is with you within your heart. Do not worry how this willingness will grow to become the Glory it promises to be. Rest with the thought of the promise and be grateful. It is through your gratitude that this babe is nursed. Love it in your heart, and be happy there. (verses 1 – 20)

We see through the story of Jesus' consecration that this symbol of willingness has been blessed by the Holy Spirit. This tiny willingness, only newly born and without achievement of any kind, is received by the Holy Spirit as a wonderful Gift, received with eternal Gratitude.

And so it is with *your* willingness, no matter how humble that willingness may seem to be to you. It is the willingness the Holy Spirit has waited for, and it is this willingness for which the Holy Spirit sings praises unto you.

Through this willingness, thoughts of deception will be revealed by the grace of the Holy Spirit. Deception shall be seen as deception, and Truth shall be seen as Truth. And all of the angels in Heaven shall rejoice because of you, even as they do now. (verses 21 – 40)

There will be conflict in your mind as this young willingness grows within you. Sometimes, your goal may seem lost to you. You will forget your focus and return to the focus of the world. But never fear;

the willingness has been born and cannot be lost. It is within the temple of your heart, forever safe, clear in understanding, paving your way for you.

When you forget your willingness and then remember it, return to it there in your heart. You will find it there, safe within your Father's love, growing in strength, sure of who it is.

Rejoice, for your willingness cannot be lost.

Rejoice, for you cannot make a mistake that will lose your willingness away from you. It is always there, waiting patiently and lovingly for your return to it.

When you forget, simply return again, and then we shall continue on together. Nothing is ever lost. Nothing is taken away. (verses 41 – 52)

Chapter 3

Your willingness is [the source of] the calling within you. This willingness is within everyone, resting patiently within the heart, waiting for the day it is asked to sing its song. The song it sings is a calling, asking the one who hears its tune to follow it to a new way and a new day.

John the Baptist is the symbol of this calling within all of us. It is the voice within a split mind that calls it to return to one mind, which is the Christ. For Christ is free of illusions and released from distractions, singularly focused on the willingness that is the Will of God.

What distracts *you* from the singular thought of God?

Distractions take many forms. They may seem to be positive or negative; they may seem to be problems you face or pleasures you enjoy; but if they keep your thoughts away from the singular thought of God, they are distractions for you.

Do not feel guilty about your distractions, for distractions cause no loss in the Will of God. God's Will is Truth, and so it remains always true. Distractions can have no effect on It. Distractions only distract you from what is true, so that your focus is on distractions, which distract you from the awareness of Truth.

But then the awakened willingness within comes, and it calls you to turn away from distractions. It calls you to return your mind fully to the awareness of Truth. And in this calling, your distractions can serve the purpose of Truth. For all things given to your willingness will be used by your willingness to further awaken the call within you. And this will continue until your distractions are no more, and you are fully awake to the singular thought of God without distraction of any kind.

This is the purpose of John, the call within you that calls you to awaken. Follow the call. Listen to it. Do not let fear imprison this call within you.

It is written in the book of Isaiah the prophet:

"A voice of one calling in the desert,
'Prepare the way for the Lord,

make straight paths for him.
Every valley shall be filled in,
every mountain and hill made low.
The crooked roads shall become
straight,
the rough ways smooth.
And all mankind will see God's
salvation.'"
(verses 1 – 20)

The most helpful way for you to view yourself is *not* to view yourself as special. The ego wants to see itself as special. Special is separate, so to surrender to the ego's desire is to continue to see yourself as separate from God. This is not helpful.

Do not look at Jesus' baptism and see him as special in comparison to you or others. Look at his baptism and realize [that] Jesus was baptized with others and the same as others, in the same water and by the same one. For Jesus was baptized as one Son of God. So it was of this *one Son* that it was spoken,

"You are my Son,
whom I love;
with you I am well pleased."

These are the words spoken *of you*. Read these words. Listen to them. Take them into your heart. Accept them as true of you [just] as they were true of Jesus, for there is no difference of any kind.

Rejoice that you are not special and that Jesus was not special, for it is all the same. You are he and he is you. You are the one Son of God. This is your Truth. (verses 21 – 37)

Chapter 4

Within your mind, there are confusing thoughts that tell you that you are what you are not. These thoughts are sly and deceitful, and you have listened to them and believed them. You listen to them and believe them now, so that they confuse you even to the point of confusing you regarding your identity. But we are going to undo their confusion, for there is also a Voice within that is not confused. It is this Voice you are beginning to hear and to trust. It is quiet, barely audible to you at all, and yet you *feel* this Voice within you and you recognize it as true.

Together, we will follow this Voice into the desert where the false voice may be exposed as false, and the true Voice may be known as true. There will be great rejoicing at this unmasking, for this will be the realization of Self, which is eternal and eternally true. (verses 1 – 13)

This is a course of looking within yourself, for in truth there is no where else to look. As we follow this course together, you will be tempted to look away [from yourself] and look at someone else, but if you remember that you cannot see anyone except through yourself, you will remember once again where to focus your attention.

This is a course that looks inside the mind and inside the heart by examining symbols that seem to be outside. By looking through the mirror of your mind, we will discover the beliefs you hold onto there. We will look at your beliefs together and examine honestly what they say to you. Then, you can decide if you want to listen to them or not.

Jesus came out of the desert a teacher, but the one who taught through him was the Holy Spirit. This is the same one that teaches you now, so that no time has elapsed since Jesus until now.

It is true of you as it was true of him:

“The Spirit of the Lord is on me,
because he has anointed me
to preach good news to the poor.
He has sent me to proclaim freedom
for the prisoners
and recovery of sight for the blind,
to release the oppressed,
to proclaim the year of the Lord’s favor.”

Today this scripture is fulfilled in your hearing. Forget not the purpose of this course. It is a course of looking within. This is the message of this scripture. This is the anointment you have accepted. Be grateful to yourself. This is the acceptance of peace.

And yet, even as your gratitude is being expressed, you will not have to look far to find doubt within your mind. There is doubt that the words I share can be for you. There is doubt that healing can occur. There is doubt that I am Reality. There is doubt, angry and fearful doubt, within you.

Do not deny the doubt that you see. It is not to be denied. It is the part of the mind that rejects the healing that is offered to it. It will seem to resist the healing and to try and cast healing away. But do not fear. In spite of its struggle and raucous noise, healing *cannot be rejected*. Through your willingness to be healed, healing will walk through your mind, passing through in gentleness, leaving it in peace to quiet.

This is the way we walk together. It is the way of peace and great joy. (verses 14 – 30)

I am your Leader in this process of healing. It is best for you to realize that you do not know the answers and could not heal yourself. The way to healing is to listen to Me with the full attention of your ears. Focus them on nothing else. Listen to no other voice. Quiet your mind that you may hear only Me.

There is nothing within you that needs to be driven away, but it may seem that way to you. You may seem to be possessed of an evil voice that whispers torturous thoughts into your mind and will not go away. This “demon” is your fear [of healing]. It will disguise itself in different forms in order to distract you from the truth of what it is, but do not let it fool you. It is your fear of healing, so it must also be sickness. For what else could fear healing but sickness? Does Love need to fear healing? Does peace need to fear healing? The effects of Health do not fear healing, so it is sickness that causes fear and pain within you.

Recognize your sickness for what it is. Remember that you choose to give your power to willingness now.

This is what you [are to] do when you see symptoms of sickness within your mind:

Acknowledge that you are sick. Remember you have decided to be healed. Turn away from the voice of sickness. Give all of your attention to your willingness to be healed. Trust in your willingness. It is your sickness that cries out, “What do you want with us? Have you come to destroy us?” And it is your willingness that answers, “Be quiet. I am listening to the Voice of Truth now.” (verses 31 – 37)

There will seem to be many sick thoughts within your mind that need healing. Do not fear that each one must be touched and healed for healing to come over you. All sickness comes from the same source. When the source is healed, all of the symptoms of sickness disappear at once!

This is what you are to do:

Do not believe the symptoms in your mind. Do not be distracted by them. Those small things are not the source of your sickness. But when you notice the symptoms, let them remind you that the source is within you still. Give your willingness to the Source of Healing that the source of sickness may be taken away.

And this is what else you are to do:

Although there is sickness within you, you are not wholly sick, nor are you sickness itself. Your willingness is within you [also], and it is Health. Turn your attention to your Health. Live within your Health. Be your Health. Get up and walk with it.

Sickness must rest and be quiet. This is the way to health. So let your sickness rest.

But Health must serve the Son of God, for that is its only purpose. Let your Health serve in great joy, and be glad for it. (verses 38 – 44)

Chapter 5

Things are not as they seem. This is why I ask you to trust Me and follow Me. I know how things Are. You are blind to these facts, for you only know what you think you know, and that is nothing but a deep and burdensome slumber.

Step away from what you know, and come with Me. I will show you what you don’t know. I will show you what you don’t think is possible and prove to you that it is true.

Leave what you know. Be willing to put it completely behind you and follow Me. What you know limits you and holds you back through your own willingness to know it. Cast what you know away from you, and I will help you pull in a net full of what you did not believe was possible. (verses 1 – 11)

This journey that we take together will seem to take great faith. Do not worry that you do not have enough faith to complete the journey. If you have faith to start, you have faith to complete it.

On this journey, you will come to see yourself as dirty, unworthy and untouchable. All means of self-hatred will come up in you, but do not be alarmed. Your hatred comes to Me through your faith and willingness that it may be healed.

Hatred is nothing but a desire for Love that believes Love is absent. In my Light, it shall know Love is not absent. In this knowledge, it is healed.

Spend time with Me when hatred comes upon you. Retreat to a quiet place and ask for My Help. Wait in peace and confidence for My Answer. I invite your unhealed spots into the Light that I may heal them. I will not abandon you when they answer my call and step forth to be healed. (verses 12 – 16)

Note from Regina: I understood the quiet place in the previous paragraph to be within the mind. It may or may not be a quiet place in form.

Again I tell you, you will find doubt in your mind. Even as I show you that you are worthy of Love by loving you through my Self into your heart, a thought will rise within your mind that says, "I am not worthy of this love. It is love that must be illusion, for I am an abomination."

This is yet another spot rising to the surface to be healed, so give this thought to Me. Let My Light shine upon it.

I am asking you to pick up your mat and walk. This is the task at hand. To do this, you must be willing to leave your doubt behind. This is why I tell you that there will be doubt! So when you see it, you can say, "Ah, yes. There it is, just as I was told it would be." And you can remember that the Authority given faith is stronger than the authority presumed in doubt.

Lay your doubt aside. Trust in My Word and walk with Me. (verses 17 – 26)

Remember that you are sick, and I have come to heal. Remember all that I say.

You are worthy. Do not let doubt tell you that you are not. Feel grateful for your willingness. Sickness must be seen to be healed, so show your sickness to Me. Do not forget that it is only sickness. Through your rest, I come to heal. (verses 27 – 32)

Old habits must be let go, for old habits will not usher in a new way. With old habits, all things remain the same. But with new habits, all things are possible.

I have come to teach you new habits. You will learn these habits by practicing them as I ask. Remember Me, and practice.

You will catch yourself with the old habits, for this has been your way until now. Slipping into old habits does not ruin the new ones. When you find yourself doing this, forgive yourself your attraction to the old by stepping away from the old and stepping into the new. Each time you do this, you help yourself to unlearn the old and to learn the new.

Take no old habits with you into the new, for the old habits must be left completely if the new habits are to result in new. (verses 33 – 39)

Chapter 6

Judgment is a way of looking at the world and deciding what is good and what is bad, or what is right and what is wrong. You have been taught within the world how to exercise your judgment so that it is "good judgment," for even judgment itself can be good or bad, right or wrong.

Now I ask that you forget everything you have been taught and everything you have learned. For if you know nothing, you cannot judge. Any judgment that you make and accept as a belief in your mind is a mistake, for any judgment that you make assumes something within illusion is real, and within its realness, something is better or more valuable than something else. Judgment accepts as real and then separates, so all judgment must be of the ego.

Look at Jesus and at the Pharisees within these scriptures. Surely you notice that the Pharisees have learned "rules" on which they think they can judge. But the Pharisees are only a symbol of what is within your mind, for you have also learned "rules" on which you believe you can judge.

Did you judge the Pharisees as you read these stories? On what "rule" did you base that judgment? Is there a belief in your mind that Jesus is more "real" and more "truth" than the Pharisees? And so, [did you think that the Pharisees] were "wrong" to judge [Jesus]?

Nothing in the world is more "real" than anything else, and this is *why* you know nothing and cannot judge. Your conscious experience is only of the world, so you cannot know Truth, which is not of the world.

This is why I have come to you. I know Truth and I know the world that you believe and hold dear. I can lead you from the world to the Truth if you will trust and follow Me.

To trust and follow Me, make no judgments along the way. Be as a little child, wide-eyed and curious, enjoying all that you seem to experience, [and] trust Me to make your judgments for you. (verses 1- 11)

Do not be bothered that the names of the apostles in one book do not [seem to] match the names of the apostles in another book [of the Bible]. These details are not important, because these details are meaningless. The apostles are but symbols which represent every one, so there is no difference between one apostle and another or between one man and you. We are all followers of the path that comes from within. We are all guided to learn the truth by following the path of unreality. (verses 12 – 16)

The world is a great temptation for you because the world was made as a distraction from Truth. Everything in the world is not Truth, and yet you want to make sense of it and make it real. To the degree that you can let go of the world and not be concerned about it, that is to the degree that you accept healing. And to the degree that you are involved in the world and taking care of its many problems, that is to the degree that you reject healing as the answer to its problems. (verses 17 – 26)

It is within the world that you seem to be, so it is within the world that I come to lead you. But, I ask you to look at the world differently now. No longer accept that there is a "you" and a "them" who is separate from you. This is the view the ego has of the world.

My view is one song with different notes played in harmony to create the one. It is the song that is cherished, not the notes [as separate sounds]. And the song is being played perfectly by Me, who is Director of the music.

If you look at the song from My point of view, you see its beauty and perfection. But if you look at the song from the point of view of one note who believes it is separate and competing with other notes, the song seems to be a war filled with attack, grievance and worry.

Remember that you are not the note. That is a distorted view of the music. *We are the song* as *one sound* together. Love the entire song. Every aspect is equally important to the whole, every aspect valuable and cherished for its part in it. Share the perspective of the song by seeing yourself as the song and by loving the entire song just as it is without judgment or desire that the song should be played differently. (verses 27 – 36)

Everything that you see and experience, you see and experience through the filter of your mind. There can be no exception. This is always true. This is why you can see or experience something one way and have one opinion or belief about it, and another one can seem to see or experience it in another way and have another opinion or belief. All of this "seeing" is occurring through the ego-mind, which does not see at all. It interprets.

The ego-mind is itself a seeming split, apart from the Christ-mind, which is One. Since the ego-mind is a split or fraction, its perspective or view-point is not whole. Since it is not whole, it is not knowledge, which is why it interprets.

The ego-mind is not aware that it interprets. It believes it knows. This is why [there seems to be] conflict. Each one interprets without knowledge, but mistakes its interpretation for knowledge.

Knowledge cannot conflict, for it is whole. Interpretation cannot conflict, since it is not knowledge. It can only seem to conflict, but that is a conflict of illusions or unreality, which is not conflict at all.

Everything you see and experience, you see and experience through the filter of your mind. In order to know peace, one must abandon interpretation. This is the process of learning that I am leading you through. You are learning that you do not know; you interpret. This [makes it possible for] you to step back from conflict and, realizing [that your interpretation is nothing], you can let your interpretation go.

Knowledge is peace and has no conflict, because knowledge is whole. (verses 37, 38)

Everything you see and experience, you see and experience through the filter of your mind. This is good news, for what you see and experience witnesses to the interpretation that you believe is knowledge. Upon seeing it and realizing that it is not knowledge, because it is not peace, you can choose to step back and let the false interpretation go.

You may see your brother's error, which is his false interpretation that he mistakes for knowledge. I tell you that as long as you believe your interpretation [and do not know peace], you do not have knowledge. Only knowledge can see clearly to lead mistakes to healing.

Therefore, you cannot lead your brother to let go of his interpretation. Whatever you see in your brother, bring back to your interpretation that you may give it up and be healed. (verses 39 – 42)

You will speak from your interpretation as long as you believe your interpretation. When you recognize that you have an interpretation, it would be wise not to speak. Do not fight for an interpretation that is meaningless, for meaninglessness brings you nothing.

When you notice that you have an interpretation, take a break from what you see. Seek quiet time with Me and share your interpretation with Me. Do not share your interpretation as if you must be right, expecting Me to support you and lead you to the righteousness of your way. Share your interpretation *expecting that you are wrong*, because you have seen and believed without knowledge. In humility, you can let go of your interpretation because you see that it is nothing of value to you. What you receive in its place [is value] you will share. (verses 43 – 45)

Why do you call me "Lord, Lord," and do not do what I say? I am Lord because I am knowledge. To listen to Me and practice what I say is to know peace that cannot be shaken, *because* it is knowledge.

To listen and not to practice is to maintain interpretation, which is not knowledge. [In this,] you choose to keep nothing and believe it is something. This is to choose illusions over Truth. Illusions cannot be shared [so conflict must continue.]

Review My words and practice them. I am teaching you the way of peace. (verses 46 – 49)

Chapter 7

Listen to Me in trust and faith, for all that I share is important to your healing. You must practice what I share with you. You must remember My words and treasure them within your mind. Ask Me for more, and they will be given you. Have faith that you are worthy, and you will hear. For it is My Will that you hear My Voice.

When My Will meets your desire and the quietness of your mind, it shall be done, and you will hear.

This is what is symbolized in the story of the centurion whose servant was healed. He did not doubt that he was worthy to receive of Me. He did not doubt that his servant was worthy. The doubt that is written into the story was added by others who did not know their worth or the worth of others.

But the centurion did know. So his desire and the quiet faith of his mind joined with the Knowledge in Mine, and as one Will *without separation*, what was asked was given.

Ask for the healing of your mind by asking that My Thoughts be placed there. As you seek, you shall find. You cannot fail to find that which you seek in honesty and faith. (verses 1 – 9)

There is no death, but within you there is a deep slumber that resembles death, for it is unaware of Truth or of Life. I have come to awaken you from this slumber and to resurrect you from this death. Yet each one is dead by his own choice, so each one must choose to answer My call to resurrection.

I am calling to you now. My Hand is outstretched to assist you as you rise. What is your choice? Are you ready to awaken to Life? (verses 11 – 17)

There are expectations in your mind regarding Truth, but these expectations are based on what you know within your slumber. They are not based on knowledge or Life. They are based on interpretation, or death.

What do you expect of Me? Where is it that you think I am leading you?

Free yourself from these thoughts. Open your mind to Me unfettered by expectations. Blessed is the man who does not fall away on account of Me. (verses 18 – 23)

Why did you begin this search? What is it that you wanted to find? Do you really expect to find the peace of God in *your way*?

No, you expected surrender. This was the expectation given you by Me. This is why this expectation crossed your mind in peace with willingness.

This path that you have chosen is the greatest of all paths within the world. Yet, this path is *within the world*. To know the Kingdom of Heaven, you must be willing to step off of this path with Me. (verses 24 – 28)

In honesty, look at your expectations and at what you want. Were your expectations given to you by Me? If they were not, then they are not of Me and you will not know Me if you judge Me by them. (verses 29 – 35)

Your surrender *is* forgiveness. To the measure that you surrender to Me, that is to the measure that your thoughts, which are not of Me, are forgiven. For when you are accepting My Thoughts and doing My Will with recognition that they are your Thoughts and your Will, you are not living as a separate entity. You are being one Will with Me. This *is* forgiveness, which is where your Love comes from.

You can only know Love when you accept Love and join with the Will of Love. To join with a will that is not Love is to choose to be separate from Love. That is to choose to remain asleep and to say "no" to the offer of resurrection, which is an offer extended to you *now*. (verses 36 – 50)

Chapter 8

You are looking at yourself now and seeing what you believe is your unworthiness. As you compare yourself to others, you note that you are not good enough. You do not give enough or practice enough. In your own judgment, you are never enough.

Now let's review what I have asked of you. I have asked you to trust that you are worthy. I have asked you to let your sickness rest. I have promised that we would look at your sickness together, and I have asked you to nurse your willingness with gratitude.

Now is a time for gratitude and rest. Be grateful that you have been willing to bring your sickness to Me. Rest as we look at your sickness together, for it cannot be healed if it is hidden from Healing.

Focus on gratitude. Let the guilt and hatred and anger rise. Remember that you are being healed, even now. Do not nurse your sickness. Let it come up, but choose to nurse your *willingness to be healed*.

Do not be afraid. I am with you, even now. Stay with the process. Be the good soil that produces a crop. (verses 1 – 15)

I have already told you that this is a course of looking within. Yet, your mind wanders to the world as the source of guilt. Nothing within the world is the source of guilt. Not even what you do within the world is the source of guilt.

The outer is a reflection of the inner, because all that you see and experience, you see and experience through the filter of your mind. If you believe that you see or experience guilt, the judgment of guilt must already be in the mind. So, a part of our healing process is to let loose the judgment you have already put upon yourself.

What comes first *is first*. When what comes first is changed, all that follows must change also. (verses 16 – 18)

There is only one Will, and that is God's Will. (verses 19 – 21)

The storm that is raging is within your mind. It rages there *because* you are asleep. If you were awake to the Will of God, your one true Will, you could perceive no storm, for there is none. This is the lesson we will learn together. Trust in Me as your Teacher. I will show you that you are at peace. (verses 22 – 25)

The storm that rages within your mind is like cloud-cover, hiding the peacefulness behind it. The peace is within you also. Peace is your natural state.

Our purpose is to [gently] blow away the clouds, so that they disperse. The naturalness that is within is what is left and is seen and is witnessed to. (verses 26 – 39)

There is a thought within your mind that says the healing that I speak of is impossible, and it cannot be accomplished. That's because there is also a thought in your mind that believes the cloud-cover is all that you are. It does not see how "all that you are" can be made perfect.

This is the thought that I [already] told you about. This is the thought that you are inherently unworthy. This is a thought that focuses on the cloud-cover as all there is. It does not realize that you are the infinite blue sky that rests behind the clouds. To realize your Truth, you must have faith that this thought that you are the cloud-cover is wrong. It is a mistaken thought.

Yet, it is a thought that you believe. In order to discover for yourself that this thought is totally false, you must be willing to look beyond the clouds with Me. You must be willing to take your eyes off of what you believe is true, and in faith look with Me beyond that limit. To stop at the limit will not show you what is beyond it.

You do not know what is true, but you can take My Hand in faith and walk with Me to what *I Know*. In coming with Me and seeing beyond the clouds, you realize that Truth has always been true. Peace has reigned unchallenged while you [merely] looked way for a little while. (verses 40 – 56)

Chapter 9

Every one who reads My word, listens to My word and practices My word teaches My word. There can be no exception. You, who are reading this now, are My holy teacher.

Do not let this make you afraid. Do not worry about what is expected of you based on this "assignment." Nothing is expected of you except one thing: that you listen to Me.

Do not worry where you are to go, what you are to do, what you are to say or to whom. Do not worry how you are to teach. I may have you teach without a single spoken word.

So, give *no thought* to the future. Give no thought to how you are to teach or when or where. Only give thought to listening to Me and practicing as I ask you to practice. In this way, you *do* teach. And the lesson [that] you teach is heard throughout the world (verses 1 – 6)

There is fear in your mind, and so it will bring doubt that you do as I ask you to do. It will bring doubt that you are the one I ask to do these things. Do not listen to your doubt. It is to *you* that I am speaking. You, who are reading these words, without exception for any reason . . . you are the one. (verses 7 – 9)

You do not understand the power in your mind. That power is unspeakable in your world, for it cannot be described. But know this: Every thought that you accept teaches within the mind of man. The single mind that you are is taught through the thoughts that you agree to think. *And this is how you are to teach the world.*

Although I may guide you to speak, it is not through your speaking that you teach. Although I may guide you to go or do, it is not through your going or doing that you teach. To speak to those or go here or do that [as a means for your teaching] would be to limit your teaching to a few. You, who are unlimited within your Self, cannot be limited by restrictions such as these. So, it must *not* be through your speaking or your going or your doing that you teach.

Every thought that you think is heard *literally* around the world. The consciousness of man is shaken by your every thought. And so it is through thought that you teach, no matter what you are saying or doing, and no matter where you are.

And so I say to you again, dear teacher: Listen to Me. Remember My words and practice all that I say. The fish that you eat feeds a multitude. (verses 10 – 17)

You are the Christ, because the Christ of God is within you. It is Christ that is your true Self. This is the Health within. This is the Light that shines its healing rays throughout your mind, shining away all sickness in every form.

Peace be with you, my brother. For you are the blessed one. Put your faith with Me, focused upon your Reality. It is this Reality we seek to remember.

Do not be afraid of what must come before you are to remember. There is nothing that can hurt [you] when your mind stays focused with Me. I am your constant companion. I lead you through all things. (verses 18 – 27)

A vision of Light is within your mind. To know this Light, you must only ask to remember it, for it is with you always. If you feel afraid or doubtful or desperate for Love, all that you need do is quiet yourself and ask for Light. It cannot fail to appear within your mind at your request. It is always there to comfort you and to shelter you.

So, do not turn away from the Light. Do not be afraid that you nag it with your requests. It is there *for you*, to serve you through your every moment of need. (verses 28 – 36)

You will not be healed by following the ways that make sense to you. Following what makes sense to you has brought you to the point of needing healing, so that cannot be [the path of] healing itself.

To be healed of the thoughts that are foreign [within your mind], but seem natural to you, you must put your healing in My Hands. Give yourself over to Me. Let go of any resistance you feel towards this thought. Remember that the result of giving yourself to Me is your own healing. You will be returned to your Father, so rejoice! The time is now. Place yourself fully and completely in My Hands. (verses 37 – 45)

Now, listen to the secret of teaching: *A teacher is a student who practices all that he teaches, knowing fully that the message he shares is also for him.*

In this way, anyone may be a teacher of My Word, [because] anyone may choose to be the student and the student *is* the teacher. For the Teacher comes through the student in order that the student may learn. (verses 46 – 50)

Always remember that as the teacher, you are the student, so all things are given to you for your learning. In this way, see all things as an opportunity to learn and to practice. Be grateful for all things. There is nothing that will be placed in your path that is not a Gift from Me. See it as your Gift, and you are blessed indeed. (verses 51 - 56)

To be My teacher, you must let My Word be first in your mind in all things. This is a perspective you shall hold. Through holding this perspective in willingness and trust, you shall know what to do through Me. (verses 57 – 62)

Chapter 10

Give no thought to what you are to do in the next moment of time. When that moment of time comes, ask Me then what you are to do. I will answer you in that moment. Each moment brings with it its own opportunities for healing, but if you are thinking of another moment in this moment of time, you miss the opportunities that are given in the current moment. In this way, your healing will seem to take longer, because you are not using the time you have been given for the purposes of healing.

Think not for yourself. Remember that it is your thinking that has brought you to the point of needing healing. Relinquish your own thought, and trade it for My Thought. Now is the opportunity to trade. Lay down your own thought *now*, and I will fill you up with My Thought.

Go, filled with My Thought, and do not question the Thought that is given. When you are tempted to question and to once again find your own thought, remember the purpose of your journey. Joyously choose My Thought again.

You will seem to have many temptations. You will seem to forget My Thoughts completely for a time. Do not let that distress you. The thinking that you do apart from Me cannot hurt you. It can only delay your healing for a little while.

So, when you find [that] you have [forgotten My Thoughts for awhile], shake off the past and the memory of your forgetfulness. Now is a new moment! You help yourself by choosing My Thoughts again now.

There is never backward movement on this journey. You can only walk forward on the path to healing with Me. When you forget and seem to fail, you have not failed or slipped backwards. You have only stopped and stood in one place for a time. When you are ready to continue forward with Me again, I am waiting there beside you, ready to take your hand and go forward with you. (verses 1 – 24)

To love God, to love yourself and to love another is all the same. This is the one lesson I would have you learn. There is no difference. It is all one within the Mind of God.

How would you learn this lesson? First, you must give up judgment. When you judge, you separate and see differences. In this "seeing," you cannot see that it is all the same.

Go within your mind and watch the process that you call "thinking" as it goes on there. What you will observe is that it is a constant process of dividing, judging, selecting and specifying. It is the calculation that defines separateness. It is everything except the acceptance of Truth.

This is why I have asked you to lay down your own thoughts. But I understand that before you choose to do so, you must come to see that which you think has value as being truly valueless. This is the case with your thoughts, for as long as you hold onto them and cherish them, you cannot see the truth that is before you now. [Your thoughts] are like a veil that hides the Light of Heaven from your sight. And so I ask this of you; remember these famous words:

Love the Lord your God with all your heart and with all your soul and with all your strength and with all your mind. Love your neighbor as yourself.

And then remember [that] there is no division in this [thought]. It is all the same. It is all one Love.

See the thoughts in your mind that block this Love from your experience, and then willingly lay them aside. Each time you do, a prayer is sent to Heaven upon the wings of your willingness, asking that you may lay all judgment aside and see the Truth of Heaven. (verses 25 – 37)

As you listen to My Words and practice what I say, resistance will come up in your mind telling you that doing all that I say is not rational or sensible. This thought will imply that you will somehow suffer or regret listening to Me. When this thought comes, remember that I told you it would. Then, place it aside and continue to listen to Me. (verses 38 – 42)

Chapter 11

How shall you pray?

Prayer is the unceasing act of thought. With every thought, you pray for everything or for nothing at all.

How, then, shall you think?

I have already asked you to think with Me by accepting My thoughts and laying your own thoughts aside. My Thoughts are this: forgiveness, love, acceptance, gratitude and rejoicing.

Whenever you are not listening to My Thoughts, you will know because you will not be at peace and you will not be happy. This is not a time to chastise yourself, for chastisement is not among the thoughts that I give. If you are tempted to chastise yourself for forgetting Me, you must again be listening to your own thoughts and praying for nothing. This is the time that you should ask for your daily bread. This is a time of forgiving your own thoughts by laying them aside and again opening your heart to Me.

Ask and it will be given you; seek and you will find; knock and the door will be opened to you. For everyone who asks receives; he who seeks finds; and to him who knocks, the door is opened.

Your Father is the extension of Love. His Love has been poured out upon you. It is His only Gift. Anything that is not of the Gift of our Father is of nothing, and so it is meaningless and it has no value. Lay that aside, and accept the Gift given to you by our Father. (verses 1 – 13)

Your resistance is nothing more than your desire to keep things the same, to keep things as you see them now. You desire this because you desire safety, and you think there is safety in the security you have made. And yet, you fear yourself and what you have made also.

You are safe, but you are not secure, for security knows no illusions of fear.

Let Me lead you to both safety and security, which is known through the knowledge of your safety. Safety comes from the guarantee of who you are. (verses 29 – 32)

The knowledge of your safety takes away all images of fear. In knowing your [safety], you can know no fear. This is the Light that shines from within to shine on everything you see, to shine away all imagined darkness and to show you peace, love and joy. This Light you shall share with the world through your natural love of Light. (verses 33 – 36)

Resistance will sometimes be subtle, and so you must listen closely within your mind [so] that you know where your instructions and desires come from. A useful question to ask whenever you are prompted to fill your time with anything is, “What is it for?”

When you ask, remember the purpose of time. It is for healing your mind. This is its only purpose. If you are using time for any other purpose, you are not using time at all.

Ask, “What is it for?” and listen honestly for your reply. Any answer other than the healing of your mind is but a delay in your purpose of healing. Anything that is not a part of your purpose is a part of nothing.

So if you ask, “What is it for?” and you find that you have given this time another purpose, ask yourself, “What do I want?” When you answer this question with the answer of your heart, you find the means and willingness to change the purpose of the current [moment]. This change is but a correction, brought about by your Holy Spirit, which knows your [true] purpose and knows what time is for. (verses 37 - 54)

Chapter 12

Now let's talk about the work you are to do. You are aware that there will be resistance – *great* resistance. Do not lose this awareness and always be on guard. When resistance arises in your mind in any form, let it go immediately *in gratitude* as valueless.

The work you are to do is within the mind. It is a work of being aware, not of the world, but of your thoughts about the world.

Right now, you think you are focused on the world. You think you are focused on relationships, work, entertainment and rest, but I tell you that you are not focused on any of these things. You never have been. Even your thought that you are focused on the world is an illusion within the mind.

What you are focused on, and have always been focused on, is thought. In every moment in your seeming interaction with the world, you are focused on thought. Because you see yourself as a separate entity within the world, you are focused on thoughts that seem to be generated within the private mind that belongs to you. Let's look very carefully at this process of which you are barely aware of, and yet it defines everything that you think, believe and do.

Whenever you look at anything with the body's eyes, there are thoughts in your mind about that thing. If you look at a chair, for example, you may think that it is pretty, worn out, available, desired, not desired, clean, dirty, etc., etc. The thoughts that come into your mind seem automatic without any awareness or evaluation on your part. You may make judgments about the chair based on your thoughts, and you may choose to sit there or not sit there based on your judgment; but you never look at, evaluate or question the thoughts you hold about the chair ─ and this is only a chair.

The process that you call thinking, of which you are mostly unaware, goes on within your mind regarding everything in your world. You make unevaluated judgments about the work you do, the relationships you have, the pastimes you choose and the person you think of as yourself. These unevaluated judgments define everything and everyone within your world. They are allowed within your consciousness without your awareness, your questioning or your evaluation.

So, this is the work that I ask you to do. I ask you to slow down your pace a bit. You may choose how you will slow it down. Pick a method that seems most comfortable to you now, but find a way to reduce the distraction in your life so you can take the time to become aware of the thoughts that seem automatic in your mind. What are these thoughts? What are they saying to you? Why are you listening to them? Are they thoughts of love?

I will be with you, present in your mind, as you undertake this work of looking and questioning. For now, it is simply useful to become aware of the thoughts you think *and are focused on* when you think you are focused on the world. (verses 1- 12)

You may ask why you should do this work, especially when there is resistance in your mind telling you that you have better things to do with your time. I tell you that until you have evaluated the thoughts that are within your mind, you are unaware of *why* you do the things that you do. Without the awareness that comes from this evaluation, can you be sure that you are storing up the treasures that you want stored up? If your time is spent based on the judgments made by thoughts that are not truly valuable to you, then who's treasure are you storing? Is it truly yours?

But if you look at your thoughts, evaluate them, determine that they are valuable to you and then make your life by following these thoughts . . . well, then you can be sure you are storing up treasures that have meaning.

So first look at your thoughts. Then, when you have become aware of the thoughts you have allowed there, we will evaluate your thoughts together according to what is truly valuable to you. (verses 13 – 21)

Do not worry about your progress on this path to healing. To be on the path and aware of the path and thinking of the path is enough.

Let Me tell you the secret that will make your journey along this path simpler and more joyful. The secret [to a simple, joyful journey] is this:

As you travel this path, you will only have two experiences. It may seem like many, but in truth it is only two. One experience will speed you along your journey in joy. The other will delay your journey a little while. The secret to a simple and joyful journey is to learn to discern between these two experiences, and then always choose the joyful one.

I have spoken to you of both experiences before, so this is but a reminder for you. The only two experiences that you will know as we travel this path together are the experience of your willingness and the experience of resistance. Everything that you think you experience is either one or the other.

So do not worry about your progress on this path. Do not judge your own thoughts or actions, for worry and judgment do not bring joy, and so they cannot be willingness.

Discern carefully. Recognize the thought within your mind. At every opportunity, choose the strength of your willingness. Seek only for the Kingdom, and all things will be given you. Where your Heart is, your treasure is also. (verses 22 – 34)

It will be helpful if you remember this: God's Will is that you be perfectly happy in every moment of eternity. That is simple [to discern]. When you are not happy, you have chosen with resistance. That is all. It does not take you from God or separate you from Him; it merely resists your willingness to know Him.

Whenever you are not happy, it is because you are resisting accepting Truth. To be happy again, all you need do is return to your willingness. Your willingness sings of God's Will, and so to give yourself to it in every hour is to know happiness. (verses 35-48)

Let Me tell you another secret: The world cannot make you happy, and so the world must not be God's Will for you. Do not worry about the world. Let the world take care of itself and trust that all things [work together for good]. You are to follow your Heart. Set your feet on the path to healing and let your mind stay with the joy that comes from your willingness. Give no thought to anything else, and you will make yourself truly helpful to all. (verses 49 – 53)

I say to you – Pay attention to how you are feeling. When you are not feeling joy, you have chosen resistance. Do not worry about your mistake. It is not held against you. See it only as a wake up call and a reminder to choose your joy and willingness again. In this way, you wake yourself up. In this way, you make the choice that sets you free. (verses 54 - 59)

Chapter 13

When you look at the world, remember that you are looking through the filter of your mind. When you find yourself reacting to the world you see, remember that you are only reacting to the thoughts in your mind. This will provide the opportunity to *see* the thoughts that you think.

As you watch the world through the filter of your mind, you will think you see many things. Some will seem good, heart-warming, funny, happy and desirable. Others will seem frightening, horrible, wrong, disgusting and undesirable. And there will seem to be a sliding scale of good and bad and every thought that is in-between.

Now, remember again that *you are looking through the filter of your mind*, which means that the concepts of good and bad must be thought there. Surely, you will see that these thoughts are yours; you are the proud owner of the judgments you have made. Recognizing that you own your judgments is important, for if you are the owner, or *the believer* of what you think, then you can also decide to choose again and allow yourself to think differently.

At first, you may not see why you should want to change some of the judgments you have made. So I ask this of you: Remember that judgment is like a knife that separates the Son of God. This means that as long as you hold onto your judgment as something that has value, you are blind to the beauty and value of the sight of the Son of God.

And now, with that thought in your mind, can you give your willingness to lay your judgments aside, whatever they may seem to be? If you can find but a bit of willingness to see the Son of God and not to judge, that is enough. If each time you notice your judgments, you give your willingness in whatever measure it may seem to be, that is enough again. I bless you with My gratitude each time you give Me but the smallest measure of your willingness, for each small measure is useful to Me in [the healing of your mind]. (verses 1 – 8)

Your confusion comes from the binding ways of your own thinking until now. It is your thoughts that have made you suffer. And so, if you would choose freedom, you must also choose freedom from your thoughts.

This is why I have come. I am here to teach you to lay down your thoughts, to loosen yourself from your bindings and to straighten up and walk in joy and gratitude instead. (verses 10 – 17)

How does one come to know the peace and joy of God? I tell you that it is not through the worry and effort of your old ways. Sit down and relax with Me [while I tell you how to come to know the peace and joy of God].

One comes to know the peace and joy of God by listening to Me, just like a small child who is eager to learn listens to a parent. And then [one comes to know the peace and joy of God] just as that child [learns], by trying everything the parent asks it to try. But if you watch a [small] child when it is learning something new, you will notice that the learning itself does not seem to come from the child's effort. The practice is but an expression of the child's willingness to learn. The learning itself seems to come upon the child like a miracle, and suddenly the small child can do what it could not do before.

This is how it is with you. Listen and practice as an expression of your willingness, but do not expect results from your listening and your practice. Expect results from the expression of your willingness. (verses 18 – 21)

There are many distractions that come to keep your mind from Me. Remember that distractions are temptations put forth by your resistance, and resist the distraction instead.

I have said before that it is not what you do that is important, but why you do it. This is an invitation to do all things for Me. If each distraction can become an opportunity to hear My Voice, you are doing well on the path to healing.

The door to the Kingdom of Heaven is not narrow. The door is open to all, and all shall enter in their time. But to pass through the door, one must pass by distractions. You do well not to be delayed long on your way. Make Me your only purpose in all things. (verses 22 – 30)

Your willingness is everything. Through your willingness, see all things anew. (verses 31 – 35)

Chapter 14

Now is a very important time, for now is the only time that you can take any action that will make any difference [within your mind]. In spite of its tendency to plan, even the ego understands the truth of *now,* [which is why it will attempt to distract you]. (verses 1 – 5)

Approach the current moment with humility, as if you do not know what the current moment is for. Approaching this moment with this attitude is only a demonstration of honesty, for you cannot know what is coming or what you should do. By approaching this moment in honesty and humility, you open up to hear My guidance. (verses 7 – 11)

When you approach Me within the current moment and share your prayers, do not pray about the problems you perceive within the world expecting Me to provide answers. Instead, think about *your reactions* to the problems you perceive. What thoughts do you notice in your mind? What judgments are you making?

Think of prayer as an opportunity to empty your mind of fear, guilt, distractions, resistance and judgment by bringing them to Me. Think of prayer as an opportunity to renew your willingness and revitalize your faith. Then when this has been done, and without specific expectations, ask Me what you are to do. You will be rewarded with the guidance that is perfect for your healing in that moment. But know that My reward is not given because you have prayed as I have asked. Instead, because you have prayed as I have asked, you have readied yourself to receive the reward that I have been waiting to give. (verses 12 – 14)

God welcomes all into the banquet of Heaven. It can be no other way, for one will not find his way into the banquet unless he looks to his brothers and lets them show him the way.

This is what I mean by that: The Spirit of God is one, and admission into the banquet is the acceptance of this fact, for *the acceptance and the banquet are one*. There is no difference and *no delay* between them.

I ask you to look at the judgments you make regarding your brothers. Look at [your judgments] with willingness to let them go. In making this request, I offer you the invitation to the banquet.

Will you be distracted by your belief in your judgments instead? (verses 15 -24)

What I ask you to leave behind are your perceptions of others as separate from you. These perceptions are upheld by the judgments you make.

When you look at anyone, or even think of anyone, your mind busies itself in making judgments. They may seem to be good or bad, favorable or unfavorable, but what each judgment has in common is that it splits the object-brother off from others of whom a different judgment is made. (And the judgments you make about yourself split you off [from the brotherhood] in the same way.)

I ask that you be willing to lay your judgments aside. (verses 25 – 35)

Chapter 15

[Regarding these parables about one that is lost,] the one that seems lost *is you*. That one who is you seems lost in a crowd of illusion. And because you believe the illusion, there is confusion about who you are. Let's talk about that now [so] that you may know who it is you are looking for as you look for the lost you.

I have already said that you see yourself as a separate entity, and this you willingly acknowledge. But you acknowledge this as a fact, when it is not a fact; it is a perception.

The you that is lost is not lost in reality, but it is lost within the perception of yourself as separate. For you are not separate, never have been and never could be. It is only this Truth that is lost to you.

I have told you before that the Truth is always true. The truth is that within all of creation there exists nothing that is separate or apart from creation in any way. I do not mean that each thing you see is a part of or an element of creation, yet somehow independent as well. I mean that *there is no independence*. Everything that exists is one.

When you look at the world or think of the world, you accept that everything that is not of your body is separate and apart from you. Your friends and family are separate; the furniture within your [residence] is separate; even the clothes that you are wearing on your body right now are seen as separate from you. I am saying *this is not true*. This perception is illusion, and this is why I say that you are lost to you.

And so this path must be a path to finding you. And everything that is put forth must be put forth to help you discover the truth of you. And this is why there shall be rejoicing when the one that is lost is found; because the one that is lost is all that is, and when it is found, it is all that is needed. (verses 1 – 10)

Let's look at the parable of the lost son, which seems to be a story of separate and independent beings, but cannot be since there are no separate or independent beings in Truth.

The Father within the story is the same as Me. There is no difference between us. You are the one who seems to be the lost son. However, you cannot be [the lost son] in truth, since you are one with Me.

The journey that this son seems to have taken is a journey in the mind only. In other words, you have traveled away from Me in the *perception of yourself*, but this journey has occurred in perception only; we are not separate in any way.

Now you seem ready to wake up from this imagined journey that you have taken, and I *have come to meet you*, to help you return to the truth of yourself.

Here are some thoughts I ask you to practice giving acceptance to [regarding yourself]:

The Spirit of God is one.
Nothing exists that is outside of the Spirit of God.
I exist, and so I must be within the Spirit of God.
That which is within the Spirit of God *is* the Spirit of God.
I and the Spirit of God are one.
All else is illusion.

As we move forward, I will help you to see and understand these thoughts more clearly. For now, I ask that you give willingness to accept them. I also ask that you remember [that] whatever is true for you is true of everyone and everything you experience. (verses 11 - 24)

The other son within the story represents the resistance within your mind. It serves no purpose but to deny that you and your Father are one. Do not look to resistance. Stay with your willingness. Stay with your joy. (verses 25 - 32)

Chapter 16

There are many questions that will come into your mind as you follow this path with Me. You will often wonder what is right to do and what is wrong to do. You will feel confusion and worry within your mind. Let Me remind you that confusion and worry are not of Me. They are resistance. So you may rejoice in that you do not need to listen to them.

When confusion and worry are upon you, simply rest and let them pass. When you are feeling peaceful and joyous, do whatever comes into your mind for you to do.

Let me address the concepts of right and wrong. Do you not notice that right and wrong are judgments? Have I not asked you to lay aside judgment?

Do not worry that you will be wrong in something that you do. Remember that I have told you [that] you will only have two experiences on this path, willingness and resistance. Choose with willingness, and you will feel joyful and all things will be helpful. Choose with resistance, and you have only chosen delay.

It is true that you cannot serve two masters. In fact, you can only serve one. In your willingness, you serve Truth, and because only the Truth is true, that can be the only master. In resistance, you serve nothing. For anything that is not Truth is illusion.

Remember that you are never focused on the world, and you will not be confused. Always, in everything you seem to do, you are choosing among thoughts within your mind. Always, in every choice, you choose between willingness and resistance, joy and delay. Keep these simple thoughts in your mind, and you will not know confusion. Keep these options clear within your mind, and you will always know your guidance. (verses 1 - 15)

The law upon which you make judgments is [an old law] written within your mind. It is in this law that you have placed your faith until now.

Now, you are awakening to a new way to perceive. Let me tell you that of yourself, you cannot stop [perceiving and] judging [according to] the [old] law that has been believed within your mind. That is because *you chose to believe this law*, and so the law is of your desire. In order to have the [old] law erased from your mind, you must give your willingness that it be erased.

When you notice that you are making a judgment based on the [old] law, you must rest within the mind and give your willingness again. Do not believe your own judgments [which are based upon the old law], for that keeps you stuck within the law.

What is the law on which your judgments are based? It is the law of separateness. It is the law that says the spirit of God is *not* one. Judgment is the servant of this law, for judgment makes the law [its] master and confirms the law within the mind. Acceptance of this law gives judgment purpose, and judgment gives the law reality. Without judgment, the law cannot stand. Without the law, there are no differences on which to [base judgment]. (verses 16 - 18)

The story of the Rich Man and Lazarus has no meaning. Yet, the story is filled with meaning when one looks beyond its words with Me.

When you look at this story [through the eyes of your belief in separateness], you see two separate men. Although you are given very little information, you see a man in need of compassion and a man who did not give compassion. You may then decide that the man who did not give compassion deserved eternal lack of compassion, which he received from God. Or you may determine that in the end, God showed the greatest lack of compassion of all. It isn't important what judgments you make; they are all based on your belief in separateness.

Now let me show you how this story can be [understood] when viewed without the belief in separateness:

The story is a collection of thoughts. The thoughts are not separate from one another, for each thought is a part of the story. The story includes the thought of more and the thought of less; it includes the thought of suffering and the thought of right and of wrong. But all that is within this story *is thought*.

As the story plays itself out, one forgets that the story is only thought within the mind and makes judgments about the story. As one makes judgments, the story seems to become more meaningful within the mind. It seems to take on life. The judgments made within the mind are [then] reapplied as "meaning" when similar thoughts come together in the mind. And yet, the story was never anything but thought [and] without power to affect *apart from the mind of the thinker*.

All perception is thought within the mind of the thinker. The thought has no meaning of itself, but it is given meaning by the thinker. If the thought seems to have effects, it is the thinker that gives that thought any effects it seems to have.

In other words, *there is no power outside of the power of the mind*. This is a fact that I would have you consider now. Remember all that I have been teaching as you consider this fact:

Everything you experience, you experience through the filter of your mind.

You are never focused on the world; you are always focused on thought.

The basis of your experience until now has been belief in the "law" of separateness.

The Spirit of God is one and everything that exists, exists within the Spirit of God.

[With that said,] what can this story mean except that it can have no meaning? And if this is true of this story, can that which you experience have any meaning apart from the meaning you give it? (verses 19- 31)

Chapter 17

Everything you experience, you experience through the filter of your mind. You believe in the law of separateness, but the Spirit of God is one. You have given your willingness that you may be healed. Whenever you think you are focused on the world, you are focused on thought. Judgment makes thought seem real and gives meaning to thought. There is no power outside the power of the mind.

Now, let's talk about forgiveness. Based on the law of separateness, you may forgive other persons for what they have done to offend or hurt you. You may also choose not to forgive them and to hold a grievance. In order to do this, you must have made a judgment that separates you from your brother.

Based on God's law, the Spirit of God is one. There is no separate one that can offend or hurt you. There is only a collection of thoughts that you hold within your mind. Of themselves, the thoughts have no meaning. But based on past learning learned through judgment, the thoughts *seem* to have meaning. And so, you feel offended or hurt based on what you *think* you know.

Can you see how your brother has done nothing? Can you see how all meaning that has seemed to result in hurt has come from the filter of your mind? And can you also see how all meaning that seems to be applied is applied because you believe that the meaning applied is real? Yet, this does not mean that the meaning is real or meaningful in any way. It only means that you believe it is and so, you *continue to learn* the meaning that *you apply* to your thoughts.

What is forgiveness? Forgiveness is simply an acknowledgment of the truth of how the offense or hurt has come about. It has not come from your brother. It has come from the meaning you have applied to thoughts within your mind. Without this meaning, you could not be hurt. And forgiveness is taking this acknowledgment one step further by acknowledging you do not want to be hurt anymore. You [give yourself permission to] acknowledge [that] the power that has hurt is within the mind, you are the owner *or believer* in that power, and so you are also the one that can let go of any meaning you have applied. When the meaning is let go, the offense or hurt must disappear also, for there is no longer a power to influence an effect. What was made has been undone. This is the process of forgiveness.

And now [that you have made this acknowledgment], if your brother seems to offend you seven times in a day, you can see that your brother need *not* repent. For your brother has done nothing to you. You may choose, all seven times, to look at the meaning you have believed within your mind and choose to acknowledge that instead of meaning, you are looking at thoughts that have no meaning in and of themselves. In this, you find release. In this, you begin the process of discovering who, or what, you are. (verses 1 - 4)

I realize that it will sometimes seem to take great faith to see your thoughts as meaningless, for you have taught yourself that your thoughts have great meaning. You believe that your thoughts have purpose. That purpose is to define and make sense of your world, and to define and protect you. This is the hidden meaning you have given your thoughts. This is why you must lay your thoughts aside. For if you have made sense and meaning out of the purely meaningless, you are living within a world of illusion and believing it. In order to discover what is true, you must lay illusion aside. For you cannot find truth by looking through a filter of illusion.

This will seem to take great faith at times, but faith is nothing more than an expression of willingness. Call on your willingness and remember, it is your strength. (verses 5, 6)

You, my brother, are not unworthy. Being one with Me, you are as worthy as I am. You simply do not know your Self, and so you are unaware of your worth.

I am grateful for your willingness and your desire to be healed. I celebrate every step you take on this path with Me. So listen to Me and give your faith, that you may learn who you are and celebrate your worth with Me. (verses 6 - 10)

Gratitude is a great gift that lives within you, for True Gratitude is the recognition of Truth. It is an inherent appreciation for you and your freedom. Gratitude, as the remembrance of Truth, nurses your willingness to full health. Do not hold back on gratitude. Take time to sit in quiet and know your gratitude. To know the fullness of your gratitude is to receive a glimpse of your Truth, for your Truth *is* Gratitude and Love. (verses 11 – 19)

You are learning not to look for the Kingdom of God in a time or as a place, for the Kingdom of God *is within you*. The Kingdom of God is your Self, in your natural state of Truth and Joy, when your misperceptions of yourself have been healed.

I have told you that you have only traveled away from Me within your perception of yourself. This is not an analogy or [just a] helpful thought. This is the truth. In your own perception, you see yourself as something other than I Am. It is this misperception [that] keeps you from seeing the Kingdom of God, which is *at hand within you now*.

When will your misperception be healed? This is a question that has no answer, for "when" is a matter of time, and healing is not a matter of time. Healing is a matter of willingness.

Forget about time and the future. Focus on *now* and the thoughts that are in your mind *now*. Lay aside resistance *now*. Dismiss meaningless thoughts *now*. Focus on your willingness and nurture gratitude *for being*. This is the process that brings about the healing of misperception, and it is a process of *now*.

The Kingdom of God is within you *now*. Do not let yourself be distracted away from it. (verses 20 – 37)

Chapter 18

Prayer is a practice that increases faith and willingness, for prayer is *an act of gratitude*. Whenever you pray, whatever you may be saying, you are also saying within your heart and beyond the words, "I believe that there is more than this [that] I experience as reality. I am willing to extend my faith and follow this path [so] I may know the Truth, which eludes me now."

Continue to pray [so] that your faith and willingness may be increased through your own desire to have it so. (verses 1 – 8)

Listen not to your own voice, which tells you how right you are in all that you think. Remember that I have asked you to lay your thoughts aside. Here is why I make this request:

You have a definition of yourself that you believe. It includes preferences and judgments and all manner of concepts that tell you who you are. But these concepts *do not* tell you who you are. Each *and every one of them* tells you who you *are not*.

Remember that I told you that you have only traveled away from Me in your perception of yourself. These concepts, which you believe define you, are misperceptions that tell you that you are not Me. These concepts, which you think define you, serve the purpose of separating you from Me within your mind.

Remember – you have journeyed away from Me *within the mind only*. It is only your perception that tells you that you are separate from Me.

If you are to discover the truth of who you are, you must be willing to lay your perceptions of yourself aside. You must be willing to stop believing that you know who you are. You must be willing to be open to discovering your Truth. This is the humility I ask for. I ask you to admit that you *could be wrong* about *your definition* of yourself. (verses 9 – 14)

This is why it is written:

"Let the little children come to me, and do not hinder them, for the Kingdom of God belongs to such as these."

Make yourself like little children, free of self-concepts that blind you to the simplicity of Truth. Open your mind to Me, and I will show you *what* you are. (verses 15 – 17)

When one begins to understand what is asked of him on this path to healing, one must become afraid. That is because you believe that you are the thoughts you think; you have taken them as your identity. And so, when I ask you to lay your thoughts aside, and I seem to make no exceptions to this request, there must come a time that you become afraid. For there must come a time in which you think that I am asking you to trade yourself for the Kingdom of God.

Rest assured that nothing could be further from the Truth.

I will never ask of you something you are not willing to give. This is because you are the Son of God, and what you believe is yours *is yours*.

But there will also come a time when you will begin to realize that what you believe is yours is nothing and that it has only held the illusion of value. In this realization, you will begin to give willingness to see differently. Through your willingness, your sight will be changed. As you begin to recognize true value, you will let go of the valueless *because* it is value that you seek.

So, do not be afraid. Be willing. And give Me what you can. In your gratitude for what you gain through giving, you will be willing to give more. (verses 18 – 30)

Your understanding of what I teach will seem to come to you a little at a time. That's because understanding is the gift of willingness. As more willingness is given, more understanding is received. With full willingness comes full understanding, and then fear will be no more. (verses 31 – 34)

The symbolism of the story of the blind beggar who received sight is clear and easy to understand. The beggar had willingness. The crowd seemed to represent fear, since they were fearful for Jesus to see this blemish-of-a-man within their midst. But the beggar did not believe their fear, nor did he surrender to it, for his willingness was greater than the fear. And so his voice was heard above the noise, and the gift of his willingness was sight. So it shall be for you. (verses 35 – 43)

Chapter 19

The world of form is a preoccupation for you, *because* you believe form has meaning. You make comparisons and judgments and decisions based on what you experience or witness within form. I tell you that the world of form has no meaning whatsoever. It is completely meaningless. Any meaning that you think it has, was made up within your mind. And because it was made up, it must be illusion.

The meaningless *is* illusion, and it cannot be shared. What is not shared cannot exist within the mind of God. This means that your meaninglessness to which you have given meaning does not have meaning within the mind of God. And so, this means that it cannot exist.

This is great news for you, if you will accept it. This is the truth that will set you free. For this means that all meaning that you have applied that determines sin and guilt and fear to be real is in reality *meaningless*. And so this also means that sin and guilt and fear are completely meaningless and do not exist in reality, for any meaning that seemed to make them real is only the meaning of illusion.

Within this thought, the past is completely obliterated, for all meaning that you thought it had, it had not. The sinners have not sinned and there is no cause for guilt. This is why Jesus can look at one who seems guilty and see guiltlessness; because he does not apply meaning where there is none. And this is why you can seem to be transformed in an instant of recognition; because the realization that all that you thought had meaning is utterly meaningless brings freedom and meaning and peace to all that you see and experience. (verses 1 – 10)

If the minas in this story represented willingness, this story would be at least partially correct in its representation. For the one with the most willingness would receive the most *through his willingness to receive it*.

But, that is not how this story was intended as it was written down. And so, this story is in error [since] willingness is all that is needed in order to receive.

Let’s look at the error that is within this story and learn from it by looking at it another way. Error is upside-down from the absence of error, so by flipping this story over and looking at it again, we will see everything helpful that is here that we cannot see when we look at it [with] error.

The minas are meant to represent works. If we turn that upside-down, it must mean that one receives through *no works*. And, what can that mean? It can only mean that receiving the knowledge that is the Kingdom of God is an inheritance that is given [because of] who you are without any expectations contingent upon the giving. In other words, the Gift is yours to realize freely merely upon your choice to accept it by accepting yourself as one with it. (verses 11 – 27)

This is why you cannot judge, and your judgment, when you make it, does not serve you. It is because the world is written upside-down. Everything that you see and perceive is the opposite of Truth. If you see it, judge it, and make it real for you, then what is real for you is the opposite of what is Truth. And so, you have invested your belief in illusions.

This is the symbol represented by the story of Jesus riding on a colt. The world would not show a king in such a way! But through this ride, it is symbolized that what the world would show you is not so. And so, you must be willing to lay down what you think you know and sing praises to Heaven for what is Given. You must be open to receive what you do not expect [and without judgment that is based on what the world has taught you until now.] (verses 28 – 44)

This is a time to be alert to the thoughts that have made themselves at home within your mind. I tell you, these thoughts that sing the praises of the world within the temple of your mind do not belong there *because* your mind is the temple of God.

Rest with Me now, that you may see the thoughts that you believe, [and] you may also see that [since] these thoughts are upside-down, the Truth must be their opposite. And then remember that only the Truth is true, so in reality [Truth] can have no opposite. That must mean that the thoughts you think and believe can have no meaning in God. Their only meaning has been given by you to uphold your belief and investment in illusion.

When you see [that] your thoughts do not serve the Truth of you, you must extend your willingness to look away from them as the meaninglessness that they are. (verses 45 – 48)

Chapter 20

The authority on which I teach you these things is the authority of God and the authority of you, for both are the same. Without your consent or willingness, I could [teach] you nothing.

You may see Me as God or as a messenger from God, but I have already told you that you are not different from Me. Indeed, we are the same. So whatever I am, you must be also. (verses 1 - 8)

There is confusion in your mind regarding who or what you are, and so you must listen to Me for a time. But when the confusion has left your mind, you will realize that you have listened but to your Self, which [is a Self that] you share with your brothers.

The vineyard in this story represents a mind that is shared among God and His creations. And yet, although this mind is shared, it is also gifted to God's creations for their use. One of God's sons has chosen to keep this "vineyard" for himself. He has decided not to share it with his brothers or his Father. The son who has made this choice feels guilty for his choice, and so he expects a battle such as the one described within this story.

But I tell you, there will not be a battle. [The battle exists only within the imagination of the son.] For the Gift of God is given fully in Love according to God's Will. The Father will not send servants to take the Gift from you. But since you are ready [through your willingness] to return the Gift to itself, He has sent Me to help you return to it.

What is the Gift? What is this mind that I speak of, which is represented by a vineyard within this story? Why, it can be none other than your Self. You *are* the Gift that God has given you, and He gave you this Gift complete.

In an error of thought and misperception, you have taken this Gift and made it into something it is not. This is what I meant when I said you have traveled from Me in your misperception of yourself. This story [illustrates] why you feel inherently unworthy as a seeming separate entity. It is because you believe that you have stolen yourself from God.

Do not forget that I have told you that you are the same as Me, one with Me within the Spirit of God. Do not forget that I have told you that you are God's Son, in whom He is well pleased. Do not forget that I have said that I am one with our Father, and I have come to welcome you Home in Celebration. (verses 9 – 19)

What are you to do? I say to you, do not deny your experience in the world. It is an experience you have chosen, and it is your gift to yourself, just as your Father gave a Gift to you. But choose to use your experience to remember your Truth. You do this by choosing to listen to Me, for I am the Voice of your Truth. I have come, not to take away, but to give back your inheritance, the Gift that was given you by God. (verses 20 – 26)

God is the God of the living, and so there cannot be death. For God is in everything that does live, and if death could take a thing that lived, death could take God.

You do well to understand that you do not understand. You do well to accept what I say without trying to understand. To try to understand is to try to conquer the thought and take it under your control and under your rule. But a thought of God's cannot be conquered or controlled or ruled, for all of God's thoughts must be free. Accept the freedom of God's thoughts without giving in to the temptation to question or understand. In accepting this freedom by extending your trust and innocence, you accept your freedom and your innocence. (verses 27 – 40)

The one who will know himself is the one who stops the effort of trying to define who he is and where his place is within the world. The one who will know himself may ask these questions, but he will be satisfied when the answer does not come. For it is through no definition that definition is given. It is through no place that place is found.

Listen to the Voice within, and do as It asks without seeking fullness of picture, and it is Fullness of Vision that you shall [receive]. (verses 41 – 47)

Chapter 21

And so I tell you, true reward comes only from full surrender to God. There can be no other way! Partial surrender is not to let go of control, and to keep control is to keep the Truth firmly hidden from your sight. For the Truth is not control. The Truth is freedom and the complete and perfect love of freedom. (verses 1 – 4)

It is time that we talk about fear. I have said that fear can keep you from Me. This is true, and it could never be true.

It could never be true that anything could keep you from Me, because we are always one. That is what must be true, or we would not exist.

But, it is also true that fear can keep you from Me in that fear can keep the peace and knowledge of what I Am from your awareness, and that is to keep the truth of what *you are* from your awareness.

We have spoken of the mind that must be shared, which you believe you have taken for yourself. This mind you believe you have stolen from God. You must know this: It is impossible to steal this mind from God, because this mind *is* God, and God cannot be stolen from itself.

So, how is it that you think you have stolen [this mind]? The mind that is God is what it is, and it cannot be changed. But you, as one with this mind, had a wish that it could be different. And then, within the freedom granted by being of mind, you began to make your wish fulfilled. There is nothing wrong with this exploration of thought in which you chose to engage, [but there was an] error in which you believed that your thought could not live if it was shared. In this error, you developed your first misperception of yourself. For in this error, you created the belief that you could be separate from God. Then, you judged yourself for what you thought you did, and you found yourself guilty of disrupting the existence of the truth that is God.

"Disrupting" is an appropriate word here, because God, as best as it can be described, is *sharing the existence of Love*. And by choosing that God be something different, you had to decide that [different] must be that it could not be shared, and *to not be shared* must be a "disruption" of that which is shared.

This seemed to be the creation of a private mind with private thought and its own private abilities. But since you saw this as a disruption that destroyed the essence of what God is, you saw this as a sin and judged yourself as guilty. And what could come of such a judgment except fear?

Now, take a moment to accept all that I am telling you, even if you cannot understand it. I am telling you this:

The Spirit of God is one. Nothing exists that is not within the Spirit of God. You exist, and so you must be within the Spirit of God. That which is within the Spirit of God *is* the Spirit of God. Therefore, you cannot be separate from the Spirit of God. But, you have believed that you are separate from [the Spirit of] God, a separate entity with private thoughts that are not shared. And for these thoughts, of which you believe you are responsible, you have judged yourself as guilty. And yet, there must be something within you that does not believe these thoughts are private, because you also believe you will suffer for having these thoughts, which means you know they [are] shared. And this seeming conflict is the basis of your fear.

Let's look at this more slowly [and] once again, for there is an inconsistency here that you must see and recognize if you are to let go of fear. The inconsistency is this:

You believe, "I have a private mind with private thoughts, which are mine alone, [and that] must mean that I am guilty of disruption of the sharing that is God."

And you also believe, "This error I have made is seen [by God], because I know that thought cannot not be shared. [Based on that fact that my thoughts are known], I expect and fear punishment for all I have done."

And there, within your own thought and belief is the insane idea that maintains your fear, and yet [this thought] can never be [true]. For if you were guilty of making a mind that disrupted the flow of the mind of God, that mind would be private and it would not be shared. Therefore, God could not seek to punish you because [God] would not be aware [of that which is not shared].

And so, what is the truth of all your thoughts and beliefs? The truth is that they are based on a premise, a premise of separation, which cannot be true. And since they are based on a premise which cannot be true, your thoughts in themselves cannot be true either. This means [that] there is no guilt, and there can be nothing to fear.

Why have I chosen now, at this point in the New Testament, to tell you this? Because when you look on this [scripture], I want you to realize what it is that Jesus intended his apostles to know. It is *your fear* that makes the world you fear. When you have seen that the source of all that you believe is a thought, a misperception within the thought of the idea of a private mind, you will see that [all you believe] is nothing. And in that instant, it will be gone. (verses 5 – 38)

Chapter 22

The thoughts within your mind can seem to take you in circles. You can seem to move from understanding to confusion at lightening speed, which makes you dizzy. Do not let this concern you. When this seems to happen within your mind, you are witnessing your own resistance struggling for survival. Remember that I have told you this is your fear of healing. Remember I have shown you that your fear of healing must be sickness. Be grateful that your sickness has come to the surface where it may be healed. And remember that the way in which you let sickness be healed is simply to rest in its presence.

So, do not get caught up in the struggle to understand what cannot be understood. Remember I have told you [that] this is a ploy of resistance. Instead, rest. And give your faith and willingness to Me that you may be healed through your decision to rest and to trust. (verses 1 – 6)

There are two voices in your mind. This, I have told you before, but this I say again because it is of the utmost importance: Your mind is split. This is why you hear two voices.

One voice may be most easily identified as "your thoughts," while the other Voice, when you hear it, may seem to come from God. Do not be deceived by what seems to be the difference in these two voices. The one that seems closest to you is the voice that is furthest from your reality. This is why you have been confused until now.

Remember all that I have taught you. Remember the story of the vineyard, for that story will be most helpful to you now. How is it that one who has stolen a vineyard would likely think? Would he not feel like a betrayer? Would he not feel guilty? Would he not expect some type of reprisal? Would he not fear attack? Would he not prepare for his own defense, and would he not defend himself whenever he sensed attack?

These are the characteristics of the ego, which is [made up of] the thoughts in your mind that are based on the belief that you have stolen your mind, or your self, from God. If you observe your thoughts carefully, you will notice that these veins are inherent within their flow.

But, I have already told you that it is impossible for you to have stolen your self from God, for you are within God and you are one with God. Therefore, this entire flow of thought, all of which seems to have meaning, is based upon one meaningless premise. What is based upon meaninglessness and built upon meaninglessness must also be meaningless. Any meaning it seems to have is only imagined, and what is imagined is not real.

This is why I have asked you to evaluate your thoughts. Listen to the thoughts in your mind, whether they seem to be thoughts about you, someone else or thoughts about your world. Are they not based on a belief in guilt that is based on a belief in separate wills, separate desires or separate behaviors? Do they not include thoughts of fear, worry or a sense of foreboding? And do you not take actions or have thoughts of defending and protecting your self? All of this is meaningless *because* it is based on a false image of yourself and your world. It is based on the false belief that all that you experience is separate from the reality of God.

Let's talk about the other Voice that you hear, the Voice that seems to come from God. The Voice may seem to come to you as a *knowing* or an intuition, but when you trust it and do as it asks, you recognize it as God. This Voice seems based on safety, an inherent and invulnerable safety. This Voice seems based on Love. This Voice you call God, because it seems to be everything that cradles and comforts and cares for you. And yet, recognition of the Voice comes from within you, which means that something within you *knows* this Voice, remembers this Voice and recognizes its familiarity.

What is within you *is* within you, and therefore must be a part of you. If you are able to recognize the Voice for God when you [know] it, then God *must be within you*. And if God is within you, *you cannot be separate from God*.

And so, this is what you are to do:

You know that you want the comfort and peace of God. And now, you know that this comfort and peace comes from within. So, what you must do is choose the comfort and peace of God [that is within you] by denying anything that you recognize as alien to that comfort and peace. For if it is not of God, it does not exist. It is merely sickness born of imagined meaning. Therefore, there is nothing to do with it except let it be healed.

Where you see a need to defend, rest and let that perception be healed. Where you see fear, rest and let that perception be healed. Where you see guilt, rest and let that perception be healed. And whenever you think you are not worthy of all of the Glory of God, rest and let that perception be healed.

As you rest, you will be healed. Within the mind of Health, you will receive guidance [from the Voice of Knowing]. Trust and follow [this] guidance. It comes but from your True Self, which is based on Truth [and not on] illusion. (verses 7 – 38)

There will seem to be, within your mind, great fear. [This will come] as you move forward by doing all that I ask you to do. Know this: Great fear is nothing more than great resistance. And so, the means for overcoming great fear is great willingness. Great willingness comes from remembering what you want.

Now is the time for accepting that the world is not real, for if you have given belief that the world is real, you must believe that your fear is real also. And you will not be able to cross the threshold at which you stand and want to cross. For to crossover into reality, you must have accepted the awareness that what you know now [in this world] is not Truth. (verses 39 – 46)

The time that will come will usher you across its threshold, if you but let it. For in order to crossover into the awareness of Truth, you must not resist the crossing over by reaching for this world. This world, you must let go, because it is not reality. You must seek reality over illusion, and you must do it in peace and full willingness. (verses 47 – 53)

Remember what I am telling you now, and remember what it is that you want. You are on a sacred path, a path that is lit by the Light of Heaven. But in the hour when it seems that it may be dark, it is because you are remembering the world. Let go of the world. It is meaningless, based on a false premise and built of illusions believed. You do not want it anymore!

Let go of the world; reach only for the Light of Heaven. This Light will lift you up, and you will not know darkness anymore. (verses 54 – 62)

One will accept what he is willing to accept. He cannot be asked to accept anymore, for he will not even hear the request that he accept it. This is why you must be attentive to your own mind. You are accepting that which you are willing to accept, but you are not yet accepting all that you want to accept, because you are not yet fully willing.

Do not let this distress you. Be glad that an awareness of limits has been brought to your attention. Be glad that the one who places these limits and removes them is you, for in this fact, there lies a statement of your freedom and your Truth.

This is what you are to do:

Watch your mind for limits that you have placed on your readiness and your willingness. Be willing that these limits may be exposed to you. When they are exposed, do not defend them or fall into the trap of believing them once again. Instead, notice the limitation that has been placed upon your mind, and say to it but this:

I have limited myself by my own choosing through agreeing to believe this thought. But this thought has no meaning in reality, and so by keeping it within my mind, *by judging it in any manner*, I keep myself tied to illusions. All there is to do is to release this thought and open my mind to God. I am willing to be open to what I cannot expect and cannot judge, for that is the experience of Truth, and Truth is my reality (verses 63 – 71)

Chapter 23

The story of the vineyard remains helpful to you now. For if you remember the feelings of guilt, the expectation of attack and the desire to defend, you will understand the thinking of the chief priests and teachers of the law as they sought to have Jesus crucified. Know that this story [that you read at Chapter 23] is only a symbol of that which is in your mind. Jesus is the symbol of Christ, your Truth, which must be in your mind. And the chief priests and teachers of the law symbolize fear, which is also within your mind.

Let's look at your fear. Let's recognize it as [your fear], for what [is yours], you can let go of.

Here is what you fear: You fear the loss of self, just as the tenants [in the vineyard] feared the loss of the vineyard. But loss of self cannot be, because your True Self was given you by God as a Gift. This Gift shall never be taken away.

So, what is it that you fear? You fear the loss of an illusory self, because you have forgotten who you are. You think that to lose who you think you are is to lose who you really are, but as I have already told you, *nothing could be further from the Truth*.

If I am to help you release your fear, I must teach you that there is nothing to fear. This is why I have given you the symbol of Jesus. For he has stepped forth into that which you fear most of all, and he has arisen in Glory and Joy.

Fear not! You are the same as He, and He and I are one, just as you and I are one. There is no cause for fear. This is a time for celebration, for you are opening up to that which you are.

Look at Jesus and know it is yourself you look upon. Behold! Your Glory has become manifest in this symbol. Lay your other thoughts aside, and do not listen to them. Those thoughts have no meaning now. Your Truth is before you, and it is silent before the world. (verses 1 – 25)

The Christ is the one within you that does not crucify the Son of God. This one is there, within you. Fear not that He is not.

To crucify is to want dead. This is the voice that fears attack, and so it seeks salvation by attacking first. This is the voice of the ego. This is the voice that has arisen within your thoughts as a result of the belief that you have stolen your self from God. This voice does not love; it fears. Even within its illusions of love, it fears, which is why it attacks the ones that you set out to love.

The voice of crucifixion cannot help but crucify, for that is what it was made to do. Do not hate this voice when you hear its shrieks of attack. Calmly forgive this confused and fearful voice. Remember this as the meaning of Jesus' words:

"Father, forgive them, for they know not what they do."

Look beyond this [confused and fearful] voice to the Beauty that lies within. Listen in rest for the Voice that does not crucify and knows no crucifixion. This is the Voice your Father gave to you. This is your True Voice, the Gift of Heaven that cannot be taken away. This Voice knows no crucifixion, because it knows no purpose other than Life. This Voice welcomes your brothers as one with it. This Voice welcomes you.

This is the Voice of Peace. It knows no conflict or attack. It seeks no guilt. It gives the past no meaning born of artificial thought. This is the Voice for God. It is a Mighty Voice that silences all other voices as meaningless and without purpose. This Voice beckons to you in certainty and with authority, “I tell you the truth. Today, you are with Me in paradise.”

Beyond illusions, there is Truth. Truth is peace, and peace is paradise because it knows only Truth.

Lay mistaken thoughts aside, and listen to Me. To do this is to lay crucifixion aside as purposeless and to choose instead the purpose of realization of Truth.

Jesus listened only to the Voice for Truth. He forgave his brothers their illusions, because he knew they were not Truth. He welcomed his brothers in Love as one with Him in peace and safety, because he saw beyond illusions to the Truth of Life, which is the Gift of God.

You are like Jesus. The Voice that is with Him is with you also. It is the Voice of Truth that ends all illusions. With the end of illusions, you will find the end of nightmares also.

Trust the Voice of Truth. It is the Voice of Health and of Honesty. (verses 26 – 43)

Jesus’ death was not significant, because of his last words:

“Father, into your hands I commit my spirit.”

With these words, Jesus declared that his self was not stolen from God. He declared that he was *of* God and the same as God. This was the significance about what seemed to be his death. It was the declaration that *there is no death* that was significant, and [that significance] was heard by some who witnessed these things on this day.

What is the nature of God? The nature of God is Life. That which is created by God must share His nature, as it is His nature that is the element of creation.

This is what God gifted to you and will not take away: Life. There is no threat to this Gift. It is yours eternally. You are *of* this Gift and you are one with this Gift, just as you are *of* God and one with God.

Confusion entered your mind when you believed that you took this Gift from God. You believed that you made this Gift according to your will, which was to steal it from God. It is this thought upon which you judged yourself as guilty and unworthy, and so you became fearful.

If you [accept] that the Gift you were given is Life, you will understand that the Gift has not been stolen. It cannot be stolen. It is a Gift that simply *is*.

When you surrender to this Gift by ceasing to deny its reality, you surrender to Love. For what can the gift of Life be, except Love? And what can the acceptance of Life be, except Love expressed as Gratitude?

This is what Jesus declared: There is no death because the Gift of God is Life. There is no guilt, because this one Gift of God cannot be taken away.

Death is an illusion. It may seem to be the final illusion, but it is not. All that can be final is that which lasts when all else has ended, and that is Truth, which is the reality of Life. (verses 44 – 49)

That which precedes the recognition of Life is rest. This is the true meaning of the Sabbath. The Sabbath is not a day set aside at the end of the week before another week of work begins. The Sabbath is a time set aside at the end of time, before the recognition of time as a limit ends.

The Sabbath is a time of rest in which you experience the effects of time, but you no longer choose to participate in them. As thoughts come into your mind that are not the thoughts of [eternal safety and] peace, you rest from those thoughts and let them be healed. During the Sabbath, healing occurs according to your willingness to rest and be healed. As the mind is healed, peace comes over you. You no longer fight to place meaning where there is none. You no longer struggle against the Gift of God by choosing to divide it, define it and judge. You simply agree to be grateful for [God's Gift], and you choose to accept it in its innocence and purity.

The Sabbath is a time of rest and non-judgment. The Sabbath is a time of stillness and peace. The Sabbath is a time of giving your willingness that it may increase into full willingness, which is the acceptance of Life. (verses 50 – 56)

Chapter 24

I have promised you that if you give Me your faith and willingness, listen to Me and do as I say, I will give you an experience that you did not expect. This is important. It is important that you give Me all that is in your mind for healing [so] that it may be healed. What you do not give Me cannot be healed, and what is not healed will block the experience that I give.

Search your mind for all of these things, and when you find them, give them to Me quickly without any attachment to the thoughts you have found. Search your mind for doubt, all manners of fear, hatred, anger, grievance, guilt, unworthiness, helplessness, loneliness, depression, striving, hope and longings. Each thought that is not of peace and joy in the present moment can be given to Me. Each one can be healed [in order to] bring the unexpected recognition of Life into your mind.

Be like Peter. Put your doubts aside. Let not your fears hold you back from desiring the Truth of Love [more than you desire to listen to] your seeming reason. Come and look with Me. Continue to trust Me. Seek that which I offer. (verses 1 – 12)

The sickness that is in your mind is a sickness of belief based on a sickness of desire. This sickness is not sinful, but it is blinding. It is not sinful, because this sickness has done nothing. What has done nothing cannot be a sin. It has done nothing, because all that is true remains true, even until this moment. But the sickness is blinding, because it keeps you focused on itself through your own desire [for it]. As you focus on sickness, you see only what sickness has taught you to see. This means that you do not see the Truth, even though [the Truth] is present before you now.

Bow your head and check your heart's desire. Do you wish to be deceived? Do you wish to see what you have wished to see, or do you wish to see the Truth?

When you no longer wish to see that which is not there, you shall see that which is. There is no delay between the desire to see it and the instant of sight. It shall be done in complete perfection in the moment that you want it above all that clutters your mind and your sight now. (verses 13 – 35)

This is what you are to do:

Remember all that I have taught. Practice what I have taught with your every breath. Do not be distracted. Remember that [as long as] the Truth is not what you see, what you see must be mistaken. Do not believe it and judge it and react to it as if it is real. Remain distant in your interactions with the world, aware that you do not know so that you may remain open to guidance from one who does.

Be grateful for all that is true. All that is true is this: Life, Love, Sharing, Extension and Joy. These are the characteristics of God and of Truth, of which you are one. All that you experience must be of these, or else it is illusion made up in the mind.

Do not believe that which isn't real. Have faith beyond the experience you know now, and another experience will be given in the instant that you have readied yourself for it.

You ready yourself in this way:

Listen to all that I have said. Practice it with your every breath.

Do not move from your practice. Be clothed with power from on high in humility and gratitude. You are blessed within the being that you are in this moment. (verses 36 – 53)